

UPPER/LOWER PROGRAM

WEEK

1

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	4	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ECCENTRIC-ACCENTUATED STIFF LEG DEADLIFT	3	10	RPE7	2-3MIN					4-SECOND LOWERING PHASE. KEEP YOUR HIPS HIGH	
CONSTANT-TENSION LEG PRESS	2	20	RPE8	2-3MIN					DON'T STOP IN BETWEEN REPS	
GOOD MORNING	3	8	RPE7	1-2MIN					KEEP YOUR SPINE NEUTRAL	
ECCENTRIC-ACCENTAUTED/ CONSTANT-TENSION STANDING CALF RAISE	4	6/6	RPE8	1-2MIN					FIRST 6 REPS 3-SECOND LOWERING PHASE, LAST 6 REPS DON'T STOP BETWEEN REPS	
CABLE CRUNCH	3	30	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	70%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
LAT PULLDOWN	3	10	RPE8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN	
PAUSE DUMBBELL INCLINE PRESS	3	8	RPE7	2-3MIN					3-SECOND PAUSE	
PENDLAY ROW / BARBELL BENT OVER ROW	3	10/10	RPE8	2-3MIN					10 REPS PENDLAY ROW, 10 REPS BENT OVER ROW	
CONSTANT-TENSION MACHINE SHOULDER PRESS	2	12	RPE8	1-2MIN					DON'T STOP IN BETWEEN REPS	
MACHINE LATERAL RAISE	3	12/12	RPE9	1-2MIN					DROPSET	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	2	5	80%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	8	65%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
BARBELL HIP THRUST	3	12	RPE8	2-3MIN					FULLY EXTEND YOUR HIPS	
CONSTANT-TENSION LYING LEG CURL	3	20	RPE8	1-2MIN					FLEX YOUR HAMSTRINGS	
UNILATERAL ECCENTRIC-OVERLOADED LEG EXTENSION	3	12	RPE8	1-2MIN					12 REPS EACH LEG. BILATERAL CONCENTRIC, UNILATERAL ECCENTRIC	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 14

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	2	4	75%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	3	6	RPE7	2-3MIN					PULL YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	10	60%	2-3MIN					SHOULDER WIDTH GRIP	
CABLE CLOSE-GRIP ROW	3	15	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
CABLE FLYE 21S	3	7/7/7	RPE8	1-2MIN					7 REPS TOP HALF OF ROM, 7 REPS BOTTOM HALF OF ROM, 7 REPS FULL ROM	
MACHINE CHEST-SUPPORTED ROW W/ BAND	2	20	RPE8	1-2MIN					FOCUS ON PROTRACTION/RETRACTION	
SUPINATED DUMBBELL CURL	3	15	RPE8	1-2MIN					SUPINATE AGAINST THE DUMBBELL	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 19

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	70%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE8	2-3MIN					15 STEPS PER LEG	
A1: SEATED LEG CURL	3	15	RPE9	0MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS	
A2: CABLE PULL-THROUGH	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR QUADS	
MACHINE HIP ABDUCTION	3	15	RPE8	1-2MIN					SQUEEZE YOUR GLUTES	
WEIGHTED CRUNCH	3	10	RPE7	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	65%	2-3MIN					KEEP YOUR ELBOWS OUT	
NEUTRAL-GRIP PULL-UP / NEGATIVE NEUTRAL-GRIP PULL-U	3	AMRAP/2	RPE8	2-3MIN					RPE8 AMRAP, THEN DO 2 FORCED NEGATIVES	
DIP	3	10	RPE8	2-3MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
SEATED T-BAR ROW	3	12	RPE8	2-3MIN					PULL VIA SHOULDER ADDUCTION	
BARBELL OVERHEAD PRESS	3	12	RPE8	1-2MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
MYO REPS FLOOR SKULL CRUSHER	3	12	RPE9	1-2MIN					8 REPS, REST 5 SECONDS, 2 REPS, REST 5 SECONDS, 2 REPS	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

UPPER/LOWER PROGRAM

WEEK

2

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	5	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ECCENTRIC-ACCENTUATED STIFF LEG DEADLIFT	3	10	RPE8	2-3MIN					4-SECOND LOWERING PHASE. KEEP YOUR HIPS HIGH	
CONSTANT-TENSION LEG PRESS	2	20	RPE8	2-3MIN					DON'T STOP IN BETWEEN REPS	
GOOD MORNING	3	8	RPE8	1-2MIN					KEEP YOUR SPINE NEUTRAL	
ECCENTRIC-ACCENTAUTED/ CONSTANT-TENSION STANDING CALF RAISE	4	6	RPE9	1-2MIN					PRESS ONTO YOUR TOES	
CABLE CRUNCH	3	30	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	7	70%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
LAT PULldOWN	3	10	RPE8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN	
PAUSE DUMBBELL INCLINE PRESS	3	8	RPE8	2-3MIN					3-SECOND PAUSE	
PENDLAY ROW / BARBELL BENT OVER ROW	3	10/10	RPE9	2-3MIN					10 REPS PENDLAY ROW, 10 REPS BENT OVER ROW	
CONSTANT-TENSION MACHINE SHOULDER PRESS	2	12	RPE9	1-2MIN					DON'T STOP IN BETWEEN REPS	
MACHINE LATERAL RAISE	3	12/12	RPE9	1-2MIN					DROPSET	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	3	5	80%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	9	65%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
BARBELL HIP THRUST	3	12	RPE8	2-3MIN					FULLY EXTEND YOUR HIPS	
CONSTANT-TENSION LYING LEG CURL	3	20	RPE8	1-2MIN					FLEX YOUR HAMSTRINGS	
UNILATERAL ECCENTRIC-OVERLOADED LEG EXTENSION	3	12	RPE8	1-2MIN					12 REPS EACH LEG. BILATERAL CONCENTRIC, UNILATERAL ECCENTRIC	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	3	4	75%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	4	6	RPE8	2-3MIN					PULL WITH YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	11	60%	2-3MIN					SHOULDER WIDTH GRIP	
CABLE CLOSE-GRIP ROW	3	15	RPE9	2-3MIN					PULL VIA SHOULDER EXTENSION	
CABLE FLYE 21S	3	7/7/7	RPE8	1-2MIN					7 REPS TOP HALF OF ROM, 7 REPS BOTTOM HALF OF ROM, 7 REPS FULL ROM	
MACHINE CHEST-SUPPORTED ROW W/ BAND	2	20	RPE8	1-2MIN					FOCUS ON PROTRACTION/RETRACTION	
SUPINATED DUMBBELL CURL	3	15	RPE9	1-2MIN					SUPINATE AGAINST THE DUMBBELL	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 21

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	70%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE8	2-3MIN					15 STEPS PER LEG	
A1: SEATED LEG CURL	3	15	RPE9	0MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS	
A2: CABLE PULL-THROUGH	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR QUADS	
MACHINE HIP ABDUCTION	3	15	RPE8	1-2MIN					SQUEEZE YOUR GLUTES	
WEIGHTED CRUNCH	3	10	RPE7	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	65%	2-3MIN					KEEP YOUR ELBOWS OUT	
NEUTRAL-GRIP PULL-UP / NEGATIVE NEUTRAL-GRIP PULL-U	3	AMRAP/2	RPE8	2-3MIN					RPE8 AMRAP, THEN DO 2 FORCED NEGATIVES	
DIP	3	10	RPE8	2-3MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
SEATED T-BAR ROW	3	12	RPE8	2-3MIN					PULL VIA SHOULDER ADDUCTION	
BARBELL OVERHEAD PRESS	3	12	RPE8	1-2MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
MYO REPS FLOOR SKULL CRUSHER	3	10	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

UPPER/LOWER PROGRAM

WEEK

3

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	6	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ECCENTRIC-ACCENTUATED STIFF LEG DEADLIFT	3	10	RPE9	2-3MIN					4-SECOND LOWERING PHASE. KEEP YOUR HIPS HIGH	
CONSTANT-TENSION LEG PRESS	2	20	RPE9	2-3MIN					DON'T STOP IN BETWEEN REPS	
GOOD MORNING	3	8	RPE8	1-2MIN					KEEP YOUR SPINE NEUTRAL	
ECCENTRIC-ACCENTAUTED/ CONSTANT-TENSION STANDING CALF RAISE	4	6	RPE9	1-2MIN					PRESS ONTO YOUR TOES	
CABLE CRUNCH	3	30	RPE9	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	70%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
LAT PULldOWN	3	10	RPE9	2-3MIN					PULL YOUR ELBOWS DOWN AND IN	
PAUSE DUMBBELL INCLINE PRESS	3	8	RPE9	2-3MIN					3-SECOND PAUSE	
PENDLAY ROW / BARBELL BENT OVER ROW	3	10/10	RPE9	2-3MIN					10 REPS PENDLAY ROW, 10 REPS BENT OVER ROW	
CONSTANT-TENSION MACHINE SHOULDER PRESS	2	12	RPE9	1-2MIN					DON'T STOP IN BETWEEN REPS	
MACHINE LATERAL RAISE	3	12/12	RPE9	1-2MIN					DROPSET	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE10	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	5	80%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	10	65%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
BARBELL HIP THRUST	3	12	RPE9	2-3MIN					FULLY EXTEND YOUR HIPS	
CONSTANT-TENSION LYING LEG CURL	3	20	RPE10	1-2MIN					FLEX YOUR HAMSTRINGS	
UNILATERAL ECCENTRIC-OVERLOADED LEG EXTENSION	3	12	RPE8	1-2MIN					12 REPS EACH LEG. BILATERAL CONCENTRIC, UNILATERAL ECCENTRIC	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 16

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	4	4	75%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	5	6	RPE9	2-3MIN					PULL WITH YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	12	60%	2-3MIN					SHOULDER WIDTH GRIP	
CABLE CLOSE-GRIP ROW	3	15	RPE9	2-3MIN					PULL VIA SHOULDER EXTENSION	
CABLE FLYE 21S	3	7/7/7	RPE9	1-2MIN					7 REPS TOP HALF OF ROM, 7 REPS BOTTOM HALF OF ROM, 7 REPS FULL ROM	
MACHINE CHEST-SUPPORTED ROW W/ BAND	2	20	RPE9	1-2MIN					FOCUS ON PROTRACTION/RETRACTION	
SUPINATED DUMBBELL CURL	3	15	RPE10	1-2MIN					SUPINATE AGAINST THE DUMBBELL	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	REP10	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 23

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	70%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE9	2-3MIN					15 STEPS PER LEG	
A1: SEATED LEG CURL	3	15	RPE9	0MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS	
A2: CABLE PULL-THROUGH	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR QUADS	
MACHINE HIP ABDUCTION	3	15	RPE9	1-2MIN					SQUEEZE YOUR GLUTES	
WEIGHTED CRUNCH	3	10	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	65%	2-3MIN					KEEP YOUR ELBOWS OUT	
NEUTRAL-GRIP PULL-UP / NEGATIVE NEUTRAL-GRIP PULL-U	3	AMRAP/2	RPE10	2-3MIN					AMRAP, THEN DO 2 FORCED NEGATIVES	
DIP	3	10	RPE9	2-3MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
SEATED T-BAR ROW	3	12	RPE9	2-3MIN					PULL VIA SHOULDER ADDUCTION	
BARBELL OVERHEAD PRESS	3	12	RPE8	1-2MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
MYO REPS FLOOR SKULL CRUSHER	3	10	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE10	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

UPPER/LOWER PROGRAM

WEEK

4

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	4	77.5%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEFICIT DEADLIFT	2	6	70%	2-3MIN					2" DEFICIT, CAN USE 35 LB PLATES TO CREATE DEFICIT	
A1: LEG PRESS	2	15	RPE8	2-3MIN					LOW FOOT POSITIONING	
A2: LEG EXTENSION	2	15	RPE8	1-2MIN					KEEP YOUR SPINE NEUTRAL	
CONSTANT-TENSION SEATED CALF RAISE	2	20	RPE8	1-2MIN					PRESS ONTO YOUR TOES	
HANGING LEG RAISE	3	12	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 14

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	72.5%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
LAT PULLDOWN	3	10	RPE8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN	
MACHINE CHEST PRESS	3	15	RPE7	2-3MIN					FOCUS ON SQUEEZING YOUR CHEST	
ECCENTRIC-ACCENTUATED CABLE ROW	3	15	RPE8	2-3MIN					2-SECOND LOWERING PHASE	
MACHINE SHOULDER PRESS	2	12	RPE8	1-2MIN					DON'T STOP IN BETWEEN REPS	
DB FRONT RAISE/LATERAL RAISE	3	15/15	RPE9	1-2MIN					15 REPS FRONT RAISE, 15 REPS LATERAL RAISE	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	2	5	82.5%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	8	67.5%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
BULGARIAN SPLIT SQUAT	3	15	RPE8	2-3MIN					ELEVATE YOUR BACK FOOT 12"	
A1: LEG EXTENSION	3	20	RPE8	1-2MIN					FLEX YOUR QUADS	
A2: LEG CURL	3	20	RPE8	1-2MIN					FLEX YOUR HAMSTRINGS	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 14

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	2	4	77.5%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	3	6	RPE7	2-3MIN					PULL WITH YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	10	62.5%	2-3MIN					SHOULDER WIDTH GRIP	
BANDED CHEST-SUPPORTED T-BAR ROW	3	12	RPE8	2-3MIN					FOCUS ON SCAPULAR RETRACTION	
PEC DECK	3	15	RPE8	1-2MIN					SQUEEZE YOUR PECS	
DUMBBELL ROW	2	12	RPE8	1-2MIN					PULL VIA SHOULDER EXTENSION	
EZ BAR CURL 21S	3	7/7/7	RPE8	1-2MIN					7 REPS BOTTOM HALF OF ROM, 7 REPS TOP HALF OF ROM, 7 REPS FULL ROM	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 19

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	72.5%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE8	2-3MIN					15 STEPS PER LEG	
A1: SEATED LEG CURL	3	15	RPE9	0MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS	
A2: CABLE PULL-THROUGH	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR QUADS	
MACHINE HIP ABDUCTION	3	15	RPE8	1-2MIN					SQUEEZE YOUR GLUTES	
WEIGHTED CRUNCH	3	10	RPE7	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	67.5%	2-3MIN					KEEP YOUR ELBOWS OUT	
NEUTRAL-GRIP PULL-UP / NEGATIVE NEUTRAL-GRIP PULL-U	3	AMRAP/2	RPE8	2-3MIN					RPE8 AMRAP, THEN DO 2 FORCED NEGATIVES	
DIP	3	10	RPE8	2-3MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
BARBELL SUPINATED ROW	3	15	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
BARBELL PUSH PRESS	3	6	RPE8	1-2MIN					CONTROL THE NEGATIVE	
CABLE TRICEPS KICKBACK	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

UPPER/LOWER PROGRAM

WEEK

5

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	5	77.5%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEFICIT DEADLIFT	2	6	RPE8	2-3MIN					2" DEFICIT, CAN USE 35 LB PLATES TO CREATE DEFICIT	
A1: LEG PRESS	2	15	RPE8	2-3MIN					LOW FOOT POSITIONING	
A2: LEG EXTENSION	2	15	RPE8	1-2MIN					KEEP YOUR SPINE NEUTRAL	
CONSTANT-TENSION SEATED CALF RAISE	2	20	RPE9	1-2MIN					PRESS ONTO YOUR TOES	
HANGING LEG RAISE	3	12	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 14

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	7	72.5%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
LAT PULldown	3	10	RPE8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN	
MACHINE CHEST PRESS	3	15	RPE8	2-3MIN					FOCUS ON SQUEEZING YOUR CHEST	
ECcENTRIC-ACCENTUATED CABLE ROW	3	15	RPE9	2-3MIN					2-SECOND LOWERING PHASE	
MACHINE SHOULDER PRESS	2	12	RPE9	1-2MIN					DON'T STOP IN BETWEEN REPS	
DB FRONT RAISE/LATERAL RAISE	3	15/15	RPE9	1-2MIN					15 REPS FRONT RAISE, 15 REPS LATERAL RAISE	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	3	5	82.5%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	9	67.5%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
BULGARIAN SPLIT SQUAT	3	15	RPE8	2-3MIN					ELEVATE YOUR BACK FOOT 12"	
A1: LEG EXTENSION	3	20	RPE8	1-2MIN					FLEX YOUR QUADS	
A2: LEG CURL	3	20	RPE8	1-2MIN					FLEX YOUR HAMSTRINGS	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	3	4	77.5%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	4	6	RPE8	2-3MIN					PULL WITH YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	11	62.5%	2-3MIN					SHOULDER WIDTH GRIP	
BANDED CHEST-SUPPORTED T-BAR ROW	3	12	RPE9	2-3MIN					FOCUS ON SCAPULAR RETRACTION	
PEC DECK	3	15	RPE8	1-2MIN					SQUEEZE YOUR PECS	
DUMBBELL ROW	2	12	RPE8	1-2MIN					PULL VIA SHOULDER EXTENSION	
EZ BAR CURL 21S	3	7/7/7	RPE9	1-2MIN					7 REPS BOTTOM HALF OF ROM, 7 REPS TOP HALF OF ROM, 7 REPS FULL ROM	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 21

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	72.5%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE8	2-3MIN					15 STEPS PER LEG	
A1: SEATED LEG CURL	3	15	RPE9	0MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS	
A2: CABLE PULL-THROUGH	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR QUADS	
MACHINE HIP ABDUCTION	3	15	RPE8	1-2MIN					SQUEEZE YOUR GLUTES	
WEIGHTED CRUNCH	3	10	RPE7	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	67.5%	2-3MIN					KEEP YOUR ELBOWS OUT	
NEUTRAL-GRIP PULL-UP / NEGATIVE NEUTRAL-GRIP PULL-U	3	AMRAP/2	RPE8	2-3MIN					RPE8 AMRAP, THEN DO 2 FORCED NEGATIVES	
DIP	3	10	RPE8	2-3MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
BARBELL SUPINATED ROW	3	15	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
BARBELL PUSH PRESS	3	6	RPE8	1-2MIN					CONTROL THE NEGATIVE	
CABLE TRICEPS KICKBACK	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

UPPER/LOWER PROGRAM

WEEK

6

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	6	77.5%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEFICIT DEADLIFT	3	10	RPE9	2-3MIN					2" DEFICIT, CAN USE 35 LB PLATES TO CREATE DEFICIT	
A1: LEG PRESS	2	20	RPE9	2-3MIN					LOW FOOT POSITIONING	
A2: LEG EXTENSION	3	8	RPE8	1-2MIN					KEEP YOUR SPINE NEUTRAL	
CONSTANT-TENSION SEATED CALF RAISE	4	6	RPE9	1-2MIN					PRESS ONTO YOUR TOES	
HANGING LEG RAISE	3	30	RPE9	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	72.5%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
LAT PULldown	3	10	RPE9	2-3MIN					PULL YOUR ELBOWS DOWN AND IN	
MACHINE CHEST PRESS	3	8	RPE9	2-3MIN					FOCUS ON SQUEEZING YOUR CHEST	
ECcENTRIC-ACCENTUATED CABLE ROW	3	10/10	RPE9	2-3MIN					2-SECOND LOWERING PHASE	
MACHINE SHOULDER PRESS	2	12	RPE9	1-2MIN					DON'T STOP IN BETWEEN REPS	
DB FRONT RAISE/LATERAL RAISE	3	12/12	RPE9	1-2MIN					15 REPS FRONT RAISE, 15 REPS LATERAL RAISE	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE10	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	5	82.5%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	10	67.5%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
BULGARIAN SPLIT SQUAT	3	12	RPE9	2-3MIN					ELEVATE YOUR BACK FOOT 12"	
A1: LEG EXTENSION	3	20	RPE10	1-2MIN					FLEX YOUR QUADS	
A2: LEG CURL	3	12	RPE8	1-2MIN					FLEX YOUR HAMSTRINGS	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE10	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 16

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	4	4	77.5%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	5	6	RPE9	2-3MIN					PULL WITH YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	12	62.5%	2-3MIN					SHOULDER WIDTH GRIP	
BANDED CHEST-SUPPORTED T-BAR ROW	3	15	RPE9	2-3MIN					FOCUS ON SCAPULAR RETRACTION	
PEC DECK	3	7/7/7	RPE9	1-2MIN					SQUEEZE YOUR PECS	
DUMBBELL ROW	2	20	RPE9	1-2MIN					PULL VIA SHOULDER EXTENSION	
EZ BAR CURL 21S	3	15	RPE10	1-2MIN					7 REPS BOTTOM HALF OF ROM, 7 REPS TOP HALF OF ROM, 7 REPS FULL ROM	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	REP10	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 23

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	72.5%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE9	2-3MIN					15 STEPS PER LEG	
A1: SEATED LEG CURL	3	15	RPE9	0MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS	
A2: CABLE PULL-THROUGH	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR QUADS	
MACHINE HIP ABDUCTION	3	15	RPE9	1-2MIN					SQUEEZE YOUR GLUTES	
WEIGHTED CRUNCH	3	10	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	67.5%	2-3MIN					KEEP YOUR ELBOWS OUT	
NEUTRAL-GRIP PULL-UP / NEGATIVE NEUTRAL-GRIP PULL-U	3	AMRAP/2	RPE10	2-3MIN					RPE8 AMRAP, THEN DO 2 FORCED NEGATIVES	
DIP	3	10	RPE9	2-3MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
BARBELL SUPINATED ROW	3	12	RPE9	2-3MIN					PULL VIA SHOULDER EXTENSION	
BARBELL PUSH PRESS	3	12	RPE8	1-2MIN					CONTROL THE NEGATIVE	
CABLE TRICEPS KICKBACK	3	10	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE10	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

UPPER/LOWER PROGRAM

WEEK

7

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	4	80%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
BARBELL HIP THRUST	2	10	RPE8	2-3MIN					SQUEEZE YOUR GLUTES	
LEG PRESS	2	15	RPE8	2-3MIN					LOW FOOT POSITIONING	
BARBELL 45° HYPEREXTENSION	3	10	RPE8	1-2MIN					KEEP YOUR SPINE NEUTRAL	
STANDING CALF RAISE	3	10	RPE8	1-2MIN					PRESS ONTO YOUR TOES	
HANGING LEG RAISE	3	12	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 16

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	75%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
SUPINATED LAT PULldOWN	3	12	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
BARBELL FLOOR PRESS	3	10	RPE7	2-3MIN					FOCUS ON SQUEEZING YOUR CHEST	
MACHINE HIGH ROW	3	12	RPE8	2-3MIN					STRETCH YOUR LATS AT THE TOP	
ARNOLD PRESS	2	15	RPE8	1-2MIN					EXTERNALLY ROTATE WHILE YOU PRESS	
CABLE UPRIGHT ROW	3	20	RPE9	1-2MIN					PERFORM LYING BACK	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	2	5	85%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	8	70%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
KNEE-BANDED LEG PRESS	3	20	RPE8	2-3MIN					KEEP YOUR KNEES OUT	
SINGLE-LEG LEG EXTENSION	3	12	RPE8	1-2MIN					12 REPS EACH LEG	
SLIDING LEG CURL	3	15	RPE8	1-2MIN					FLEX YOUR HAMSTRINGS	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 14

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	2	4	80%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	3	6	RPE7	2-3MIN					PULL WITH YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	10	65%	2-3MIN					SHOULDER WIDTH GRIP	
BARBELL BENT OVER ROW	3	10	RPE8	2-3MIN					PULL TO YOUR UPPER ABS	
PUSH-UP	2	AMRAP/2	RPE8	1-2MIN					SQUEEZE YOUR PECS	
BAND PULL-APART	2	30	RPE8	1-2MIN					PULL VIA SHOULDER EXTENSION	
ECCENTRIC-ACCENTUATED HAMMER CURL	3	10	RPE8	1-2MIN					3-SECOND LOWERING PHASE	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 18

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE8	2-3MIN					15 STEPS PER LEG	
DUMBBELL STEP-UP	3	12	RPE9	0MIN					SET THE BOX TO ~PARALLEL	
REVERSE HYPER	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES	
CABLE STANDING HIP ABDUCTION	3	10	RPE8	1-2MIN					SQUEEZE YOUR GLUTES	
PLANK	3	:30	RPE7	1-2MIN					FLEX YOUR ABS	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	70%	2-3MIN					KEEP YOUR ELBOWS OUT	
SINGLE-ARM PULldOWN	3	12	RPE8	2-3MIN					LEAN AWAY AT THE TOP, CRUNCH TOWARDS THE WORKING ARM AS YOU PULL DOWN	
CALIFORNIA PRESS	3	10	RPE8	2-3MIN					CONCENTRIC IS A CGBP, ECCENTRIC IS A SKULL CRUSHER	
CABLE CLOSE-GRIP ROW	3	20	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
MILITARY PRESS	3	10	RPE8	1-2MIN					FLEX YOUR DELTS	
ECCENTRIC-OVERLOADED ROPE OVERHEAD TRICEPS EXTENSION	3	10	RPE9	1-2MIN					USE YOUR NON-WORKING ARM TO ASSIST WITH THE CONCENTRIC	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

UPPER/LOWER PROGRAM

WEEK

8

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	5	80%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
BARBELL HIP THRUST	2	10	RPE8	2-3MIN					SQUEEZE YOUR GLUTES	
LEG PRESS	2	15	RPE8	2-3MIN					LOW FOOT POSITIONING	
BARBELL 45° HYPEREXTENSION	3	10	RPE8	1-2MIN					KEEP YOUR SPINE NEUTRAL	
STANDING CALF RAISE	3	10	RPE8	1-2MIN					PRESS ONTO YOUR TOES	
HANGING LEG RAISE	3	12	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 16

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	7	75%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
SUPINATED LAT PULldOWN	3	12	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
BARBELL FLOOR PRESS	3	10	RPE7	2-3MIN					FOCUS ON SQUEEZING YOUR CHEST	
MACHINE HIGH ROW	3	12	RPE8	2-3MIN					STRETCH YOUR LATS AT THE TOP	
ARNOLD PRESS	2	15	RPE8	1-2MIN					EXTERNALLY ROTATE WHILE YOU PRESS	
CABLE UPRIGHT ROW	3	20	RPE9	1-2MIN					PERFORM LYING BACK	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	3	5	85%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	9	70%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
KNEE-BANDED LEG PRESS	3	20	RPE8	2-3MIN					KEEP YOUR KNEES OUT	
SINGLE-LEG LEG EXTENSION	3	12	RPE8	1-2MIN					12 REPS EACH LEG	
SLIDING LEG CURL	3	15	RPE8	1-2MIN					FLEX YOUR HAMSTRINGS	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	3	4	80%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	4	6	RPE7	2-3MIN					PULL WITH YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	11	65%	2-3MIN					SHOULDER WIDTH GRIP	
BARBELL BENT OVER ROW	3	10	RPE8	2-3MIN					PULL TO YOUR UPPER ABS	
PUSH-UP	2	AMRAP/2	RPE8	1-2MIN					SQUEEZE YOUR PECS	
BAND PULL-APART	2	30	RPE8	1-2MIN					PULL VIA SHOULDER EXTENSION	
ECCENTRIC-ACCENTUATED HAMMER CURL	3	10	RPE8	1-2MIN					3-SECOND LOWERING PHASE	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 20

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE8	2-3MIN					15 STEPS PER LEG	
DUMBBELL STEP-UP	3	12	RPE9	0MIN					SET THE BOX TO ~PARALLEL	
REVERSE HYPER	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES	
CABLE STANDING HIP ABDUCTION	3	10	RPE8	1-2MIN					SQUEEZE YOUR GLUTES	
PLANK	3	:30	RPE7	1-2MIN					FLEX YOUR ABS	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	70%	2-3MIN					KEEP YOUR ELBOWS OUT	
SINGLE-ARM PULldOWN	3	12	RPE8	2-3MIN					LEAN AWAY AT THE TOP, CRUNCH TOWARDS THE WORKING ARM AS YOU PULL DOWN	
CALIFORNIA PRESS	3	10	RPE8	2-3MIN					CONCENTRIC IS A CGBP, ECCENTRIC IS A SKULL CRUSHER	
CABLE CLOSE-GRIP ROW	3	20	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
MILITARY PRESS	3	10	RPE8	1-2MIN					FLEX YOUR DELTS	
ECCENTRIC-OVERLOADED ROPE OVERHEAD TRICEPS EXTENSION	3	10	RPE9	1-2MIN					USE YOUR NON-WORKING ARM TO ASSIST WITH THE CONCENTRIC	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15

UPPER/LOWER PROGRAM

WEEK

9

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	6	80%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
BARBELL HIP THRUST	2	10	RPE8	2-3MIN					SQUEEZE YOUR GLUTES	
LEG PRESS	2	15	RPE8	2-3MIN					LOW FOOT POSITIONING	
BARBELL 45° HYPEREXTENSION	3	10	RPE8	1-2MIN					KEEP YOUR SPINE NEUTRAL	
STANDING CALF RAISE	3	10	RPE8	1-2MIN					PRESS ONTO YOUR TOES	
HANGING LEG RAISE	3	12	RPE8	1-2MIN					ROUND YOUR BACK AS YOU CRUNCH	

TOTAL SET VOLUME: 16

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	75%	2-3MIN					ELBOWS AT A 45° ANGLE. KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
SUPINATED LAT PULldOWN	3	12	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
BARBELL FLOOR PRESS	3	10	RPE7	2-3MIN					FOCUS ON SQUEEZING YOUR CHEST	
MACHINE HIGH ROW	3	12	RPE8	2-3MIN					STRETCH YOUR LATS AT THE TOP	
ARNOLD PRESS	2	15	RPE8	1-2MIN					EXTERNALLY ROTATE WHILE YOU PRESS	
CABLE UPRIGHT ROW	3	20	RPE9	1-2MIN					PERFORM LYING BACK	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 17

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	5	85%	3-5MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	10	70%	3-4MIN					KEEP YOUR TORSO UPRIGHT	
KNEE-BANDED LEG PRESS	3	20	RPE8	2-3MIN					KEEP YOUR KNEES OUT	
SINGLE-LEG LEG EXTENSION	3	12	RPE8	1-2MIN					12 REPS EACH LEG	
SLIDING LEG CURL	3	15	RPE8	1-2MIN					FLEX YOUR HAMSTRINGS	
LOWER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 16

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL OVERHEAD PRESS	4	4	80%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
WIDE-GRIP PULL-UP	5	6	RPE7	2-3MIN					PULL WITH YOUR CHEST TO THE BAR	
BARBELL CLOSE GRIP BENCH PRESS	3	11	65%	2-3MIN					SHOULDER WIDTH GRIP	
BARBELL BENT OVER ROW	3	10	RPE8	2-3MIN					PULL TO YOUR UPPER ABS	
PUSH-UP	2	AMRAP/2	RPE8	1-2MIN					SQUEEZE YOUR PECS	
BAND PULL-APART	2	30	RPE8	1-2MIN					PULL VIA SHOULDER EXTENSION	
ECCENTRIC-ACCENTUATED HAMMER CURL	3	10	RPE8	1-2MIN					3-SECOND LOWERING PHASE	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 22

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	8	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DUMBBELL WALKING LUNGE	3	15	RPE8	2-3MIN					15 STEPS PER LEG	
DUMBBELL STEP-UP	3	12	RPE9	0MIN					SET THE BOX TO ~PARALLEL	
REVERSE HYPER	3	15	RPE9	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES	
CABLE STANDING HIP ABDUCTION	3	10	RPE8	1-2MIN					SQUEEZE YOUR GLUTES	
PLANK	3	:30	RPE7	1-2MIN					FLEX YOUR ABS	

TOTAL SET VOLUME: 18

DAY 6

UPPER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL INCLINE PRESS	3	8	70%	2-3MIN					KEEP YOUR ELBOWS OUT	
SINGLE-ARM PULldOWN	3	12	RPE8	2-3MIN					LEAN AWAY AT THE TOP, CRUNCH TOWARDS THE WORKING ARM AS YOU PULL DOWN	
CALIFORNIA PRESS	3	10	RPE8	2-3MIN					CONCENTRIC IS A CGBP, ECCENTRIC IS A SKULL CRUSHER	
CABLE CLOSE-GRIP ROW	3	20	RPE8	2-3MIN					PULL VIA SHOULDER EXTENSION	
MILITARY PRESS	3	10	RPE8	1-2MIN					FLEX YOUR DELTS	
ECCENTRIC-OVERLOADED ROPE OVERHEAD TRICEPS EXTENSION	3	10	RPE9	1-2MIN					USE YOUR NON-WORKING ARM TO ASSIST WITH THE CONCENTRIC	
UPPER BODY WEAK POINT 1	2 OR 3	15-20	RPE9	1-2MIN					FOCUS ON MIND-MUSCLE CONNECTION	

TOTAL SET VOLUME: 15